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You're the only 81 for us, Simon

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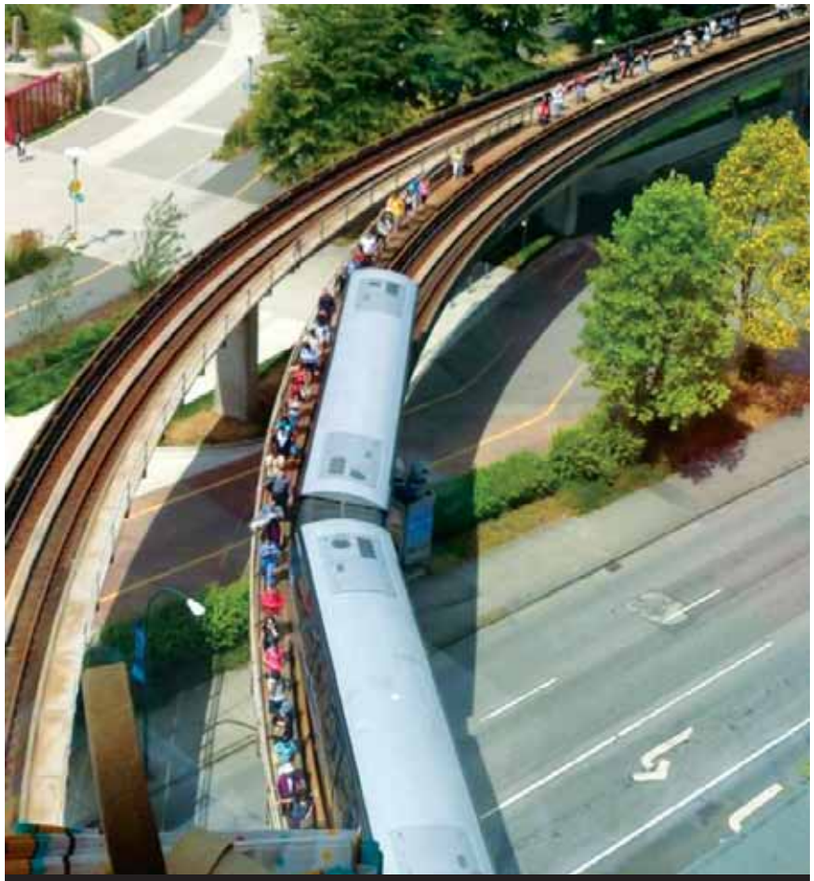
WHITE AND NERDY — AND SHOCKINGLY POPULAR

'WEIRD AL' YANKOVIC SPEAKS ABOUT HIS NEW ALBUM, MANDATORY FUN, AND NETTING HIS FIRST-EVER BILLBOARD NO. 1 DEBUT. PLUS, USE METRO AR TO GET A CRASH COURSE IN PROPER GRAMMAR VIA WORD CRIMES, AL'S PARODY OF BLURRED LINES PAGE 14



Passengers exit a stranded SkyTrain car and walk along the tracks to a station. COURTESY KIRAN HOTHI

City scrambles while SkyTrain lines stand still

Second time in a week. Officials forced to get creative to deal with lengthy shutdown

EMILY JACKSON
emily.jackson@metronews.ca

SkyTrain passengers on the Expo and Millennium lines faced a transit nightmare Monday afternoon, when a system-wide shutdown stranded them between stations.

TransLink COO Doug Kelsey told CKNW that a short circuit might be to blame for stopping all trains on the aging lines around 12:30 p.m., with the shutdown lasting into rush hour.

Some passengers were stuck for more than an hour without contact from TransLink — the on-board speaker system was broken — as they waited for employees to escort them out safely. Mothers carrying infants and pushing strollers were pictured walking along the tracks, which still had electricity running through them.

It's the second time in less than a week that a computer problem has been blamed for commuter chaos along the Expo Line, built in 1985, and the Millennium Line, which opened in 2002.

TransLink spokeswoman Jiana Ling said it's "too early to say" exactly what caused the problem, shortly after the breakdown. "I understand it is the second time in a week and it is an inconvenience."

TransLink scrambled to set up buses to take people between stations and ran more frequent Canada Line service to absorb some of the volume.

Nevertheless, its online trip-planning service stopped working properly due to heavy traffic. Taxi companies were inundated with calls and downtown buses had to be re-routed.

Police responded by suspending enforcement of taxi rules and letting out-of-city taxis come into town.

TransLink provided updates on Twitter, where it got a lot of flak from users across the region. Many demanded refunds.

Too much, too little

"Repeated skytrain (sic) outages unacceptable. Transit system needs stable funding + local accountability!"

Vancouver Mayor Gregor Robertson, weighing in online

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Makeshift camp

Oppenheimer Park's tent city continues under gaze of police

For a fourth day, protesters and tenters at Oppenheimer Park huddled around a makeshift campfire, keeping a wary eye out for police.

Several homeless people had been camping down in the park since early last week, when they were served a notice from Parks Board staff that they would be evicted if they did not pack up their tents. Three subsequent notices have been given to the campers warning them to leave the park or face eviction and possible arrest.

According to the people who are living down at the park, police and park rangers showed up around 8:30 a.m., with residents assuming they were about to go to jail.

Instead, they discussed finding housing arrangements for those living down at the park.

"Ending homelessness doesn't mean putting people into emergency shelters or SROs. It means getting them actual subsidized housing," said Brody Williams, one of the organizers of the movement dubbed "Tent City 2."

About 30 people are still living in the park with some more trickling in every day.

Pivot Legal Society argues the current bylaws infringe on homeless peoples' human rights.

"Vancouver needs a better way to help people up off the streets and into permanent housing," said Adrienne Smith, a lawyer with Pivot.

NICK WELLS/FOR METRO

Hootsuite CEO Ryan Holmes and Mayor Gregor Robertson at the company's Vancouver headquarters in 2013. INSTAGRAM/@VANMAYORSOFFICE

Mayor's Hootsuite petition dismissed

Ruling. Political rivals had alleged Robertson had cosy relationship with the company

EMILY JACKSON
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A B.C. Supreme Court judge has dismissed a petition against Mayor Gregor Robertson filed by political rivals who alleged the mayor acted in conflict of interest when he voted to grant Hootsuite a lease to a city-owned building.

The petition is "an abuse of the Court's process on the basis that it is without foundation and can serve no useful purpose," Chief Justice Christopher Hinkson wrote in his judgment regarding the petition filed by Cedar Party mayoral hopeful Glen Chernen and nine others.

Chernen's petition alleged the mayor had a cosy relationship with Hootsuite that led to the local tech company getting a sweetheart deal for the building.

But Hinkson ruled "there is no evidence that the modest campaign assistance provided to the respondent by Hootsuite during the 2011 Vancouver civic election was linked to the lease and option to purchase the property."

It's the role of the mayor of any large city to interact with individuals and corporations in hopes of benefiting residents, Hinkson continued.

"While it is clear that the respondent has had interactions with Hootsuite during his present term of office, there is no evidence to suggest that he has any direct or indirect financial interest in that company, and no other interest in the lease of the property that would constitute a conflict of interest."

The judge awarded the mayor some costs, but not special costs, because he didn't find the petitioners acted maliciously. The process around the Hootsuite property deal was "somewhat shrouded in secrecy" until after the petition was filed, he wrote.

Robertson said in a statement he's pleased with the judgment and hopes it ends a "series of desperate political attacks through the courts." (City council is facing an unprecedented number of lawsuits.)

Meantime, Chernen and the others will consider appealing the judgment, their lawyer, Marco Francesco Lilliu, wrote in an email to Metro.

"Although we are disappointed in the judgment and Chief Justice Hinkson's narrow application of conflict-of-interest law to the facts of this case, we take note that the Chief Justice did not find the case vexatious nor frivolous," he wrote.

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Beaches. Bacteria-laden water prompts advisories

Warnings have been posted at three Metro Vancouver beaches advising swimmers to stay out of the water.

Vancouver Coastal Health has issued "no swimming" advisories for the Ambleside, Dundarave and Sandy Cove beaches along West Vancouver's English Bay waterfront.

THE CANADIAN PRESS

Dangerous waters

200

Ambleside, Dundarave and Sandy Cove beaches have E. coli levels above the maximum allowable guideline of 200 bacteria per 100 millilitres of water, meaning the seawater could pose health or infection risks, especially if swimmers swallow it.

North Vancouver. Teen charged after 90 spraypainted tags found

North Vancouver RCMP believe they have caught a prolific graffiti artist who has spraypainted his way across the area more than 90 times.

RCMP say the Crown has approved five charges of mischief against a 16-year-old boy who allegedly tagged his work with the word "stock."

Cpl. Richard De Jong says the boy is accused of spraypainting private and public buildings.

The boy is scheduled to make a court appearance in December.

THE CANADIAN PRESS

Taken off life support

Surrey man charged with wife's murder

Homicide investigators have upgraded charges against a Surrey man to second-degree murder after his wife died in hospital over the weekend.

Narinder Kaur Kalsi sustained life-threatening injuries in what police allege was a domestic attack on July 14. Her husband, Baldev Singh Kalsi, 66, was initially charged with aggravated assault and then attempted murder as his wife's condition worsened.

EMILY JACKSON/METRO

Non-Partisan Association

Former park board chair to run for council

Former park board commissioner Ian Robertson has decided to step back in the municipal politics ring and run for a spot on city council with the Non-Partisan Association.

Robertson, who currently works with the Tourism Industry Association, sat on the park board from 2005 to 2011 and acted as chair in 2006.

Robertson was one of three people the NPA had considered as a mayoral candidate. EMILY JACKSON/METRO

NDP MLA David Eby and former Capilano student Jennifer O'Keeffe speak to media in Vancouver on Monday. NICK WELLS/FOR METRO

MLA accuses universities of hidden executive payments

Ministry disputes interpretations. NDP alleges staff at three schools were overpaid by nearly $1.1 million over three years

NICK WELLS
vancouver@metronews.ca

The B.C. New Democrat Party is calling for an examination of the salary cap program in place for executives at universities across the province, in light of recently released information about overpayment at several universities.

Executive staff, which includes university presidents, vice-presidents, provosts and directors, have a salary cap set for their respective positions.

University presidents are supposed to have a maximum salary of $225,000.

According to information obtained by the NDP, the party alleges staff at Capilano University, the University of the Fraser Valley and Vancouver Island University were inappropriately overpaid by nearly $1.1 million over three years.

Capilano University overpaid their executive staff by $322,797.97; UFV overpaid by $181,775; and VIU overpaid by $432,524.

"What is the point of having caps if you're not going to enforce them and they're basically meaningless?" said David Eby, the NDP critic for advanced education.

The largest overpayment was to Patricia Eager at VIU, who was overpaid by $123,000. Jackie Hogan at UFV was given the largest raise of $12,378.

The information comes after Advanced Education Minister Amrik Virk was found to have failed to meet government disclosure requirements, and topping up salaries of senior executives to sweeten job offers at Kwantlen Polytechnic University.

Eby said he had written to the Advanced Education Ministry to have the terms of financial caps of all B.C. universities released but was rebuffed.

For students who saw their programs at universities get cut, the information is worrying.

"It's concerning because you expect there's going to be an accountability of processes in these institutions," said Jennifer O'Keeffe, a former Capilano University studio arts student and current Emily Carr University student.

In a statement, the Ministry of Advanced Education disputed Eby's interpretations, saying vice-presidents, and all other excluded employees, have a salary range approved by Public Sector Employers' Council that does not include additional benefits and pension. As such, there can be fluctuations of overpayment.

Rebels cave, release plane-crash bodies

International outcry.
Anger in West mounts at rebels and presumed allies in Moscow

Bowing to international pressure, pro-Moscow separatists released a train packed with bodies and handed over the black boxes from the downed Malaysia Airlines plane, four days after it plunged into rebel-held eastern Ukraine.

With body parts decaying in sweltering heat and signs that evidence at the crash site was mishandled, anger in Western capitals has mounted at the rebels and their allies in Moscow. Their reluctant co-operation will soothe mourning families and help investigators, but may do little to reconcile the East-West powers struggling over Ukraine's future.

Russia's Defence Ministry said Monday it saw no evidence a missile was fired and denied involvement in the downing of Flight 17 — and suggested the Ukrainian military was at fault. President Vladimir Putin spoke out but showed no sign of abandoning the separatists as fighting flared anew near the site of the crash.

U.S. President Barack Obama accused the rebels of tampering with evidence and insulting victims' families, warning of new sanctions.

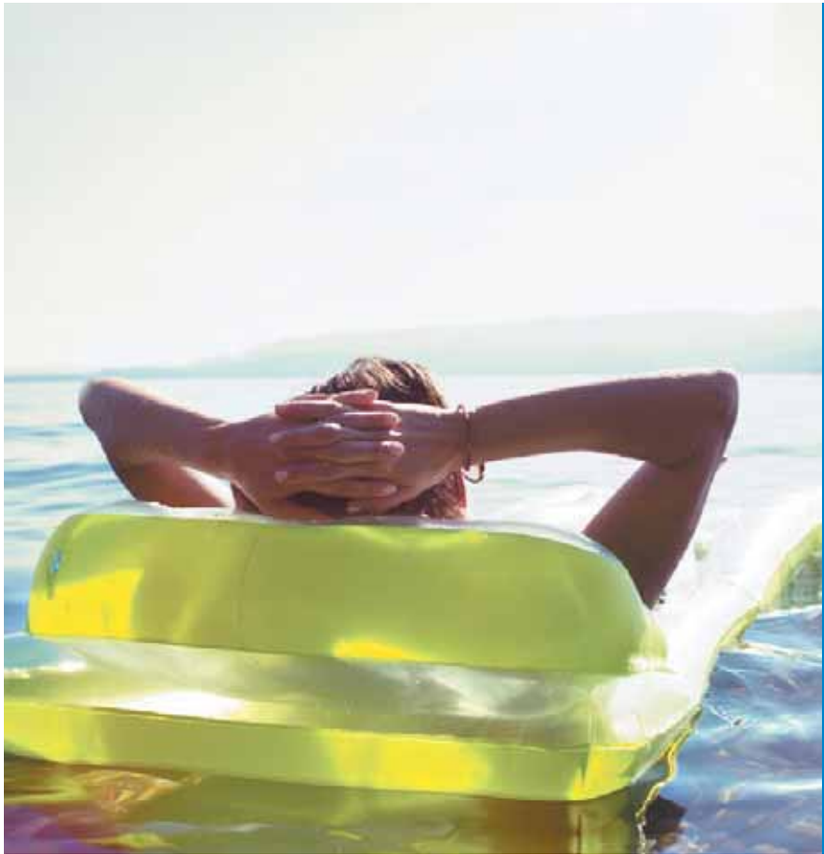
Europeans will consider their own sanctions Tuesday.

The bodies of the 298 victims, most from the Netherlands, have become a part of the conflict in Ukraine because they could hold evidence of what brought the plane down on Thursday as it was flying from Amsterdam to Kuala Lumpur.

Grief turned to anger as families begged to get the bodies of their loved ones back, while the separatists held on to the remains.

THE ASSOCIATED PRESS

Deputy head of the OSCE mission to Ukraine Alexander Hug, background centre, accompanied by members of the Netherlands' National Forensic Investigations Team guarded by armed pro-Russian fighters, walks on the platform as the train departs. EVGENIY MALOLETKA/THE ASSOCIATED PRESS



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RCMP say Duffy used tax money for travel to funerals, contract for friend

The RCMP has provided fresh details of its 31 fraud charges against Sen. Mike Duffy, accusing him of charging taxpayers for personal travel to funerals and providing payments for "illegitimate expenses" to four people.

A new court filing alleges "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

Duffy is accused of fraudulently awarding a $65,000 contract to his longtime friend Gerald Donohue. The RCMP allege that Donohue, in turn, paid some of that money to three other people, including a personal trainer.

Donohue has already told investigators that he did "no tangible work" for the money, the RCMP has said.

The court documents allege that Duffy filed eight separate expense claims that the RCMP says involved personal or partisan travel. The claims were filed from June 2009 to September 2012.

The RCMP announced last week that it was charging Duffy with 31 criminal counts related to his expense claims, accusing him of misspending more than $200,000.

The charges stem from the disgraced senator's housing and travel expenses, and a $90,000 payment from Nigel Wright, the former chief of staff to Prime Minister Stephen Harper.

Duffy will appear in court on Sept. 16. THE CANADIAN PRESS

Michigan

Black and white is the new orange

A Michigan sheriff says he's trading orange jumpsuits for black-and-white stripes for jail inmates, in part due to pop culture. Saginaw County Sheriff William Federspiel says that all-orange jumpsuits are increasingly viewed as fashionable, as they're seen on shows such as Orange Is the New Black.

THE ASSOCIATED PRESS

Wasp attack

Montreal-area mayor dies

The mayor of a Montreal-area community has died after being stung by wasps. Municipal authorities in La Prairie say Mayor Lucie F. Roussel passed away in hospital on Sunday. A spokeswoman for the town said Roussel, 51, was not allergic to wasp stings.

THE CANADIAN PRESS

A tourist examines shark-themed clothing at the Chatham Clothing Bar in Chatham, Mass. STEVEN SENNE/THE ASSOCIATED PRESS FILE

Shark! There's big money in the water

Duun-dun duun-dun. Spotting of great white off Cape Cod means entrepreneurs cash in on shark-related merch

Its reputation as a man-eating predator aside, the great white shark is emerging as a boon for tourism on Cape Cod, the Massachusetts peninsula popular among beach combers. Unlike the classic thriller Jaws, in which one of the animals terrorizes a small island, the sharks that have been spotted in growing numbers are stirring more curiosity than fear — and a buying frenzy for shark-related merchandise.

Shark T-shirts are everywhere. Jaws has been playing in local movie theatres and boats are taking more tourists out to see the huge seal population that keeps the sharks coming. Harbourmasters have issued warnings but — unlike the sharks in the movies — the great whites generally are not seen as a threat to swimmers.

Among the entrepreneurs is Justin Labdon, owner of the Cape Cod Beach Chair Company, which began selling shark-themed T-shirts after customers who were renting paddle boards and kayaks began asking whether it was safe to go to sea.

The T-shirts, hoodies, hats, belts, dog collars and other accessories bear the iconic, torpedo-shaped image of great whites and sell for between $10 and $45 US.

He said his store brings in thousands of dollars in sales of the shark-themed merchandise.

Tourists peer through coin-operated binoculars in hopes of catching a glimpse of a shark fin from the beaches of Chatham. The posh resort town is on the elbow of the cape that has a large population of grey seals — the massive animals whose blubber is the fuel of choice for great white sharks. Local shops sell jewelry, candy, clothes, stuffed animals and beverages with shark motifs.

A study released last month by scientists at the National Oceanic and Atmospheric Administration found the number of great white sharks off the Eastern U.S. and Canada is surging after decades of decline. Conservation efforts and the greater availability of prey such as Massachusetts' seals are credited with the reversal.

THE ASSOCIATED PRESS

Sightings on rise

20+

Shark sightings have soared from generally fewer than two annually before 2004 to more than 20 in each of the last few years off Cape Cod, where the economy depends heavily on the summer tourism season.

Staycations hot this summer, survey says

A new survey says nearly one-quarter of Canadians won't be travelling this summer, with budget concerns keeping them close to home.

The survey by digital offers website RetailMeNot.ca says the high price of gas and accommodations are the top reasons for keeping 23 per cent of Canadians at home, followed by high air fares.

Just seven per cent say they'll be travelling overseas this summer.

And 28 per cent plan to limit their spending on summer travel and transportation to $100 or less.

But the survey found that Canadians will spend $100 to $300 on alcohol during their summer holiday, while 60 per cent will spend under $200 on food.

Canadians do appear to like camping, regardless of how much money they make, with 40 per cent of those with an income of $100,000 a year or more saying they are heading to the woods this summer.

Just 16 per cent of consumers are using coupon sites to save money on things like rental cars, hotels or airfare, according to the survey.

The online poll was conducted on July 2 and 3 among 1,004 adult Canadians who are Angus Reid Forum panelists.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population like traditional telephone polls.

THE CANADIAN PRESS

Lounging in the backyard is as good as going to Paris, right? GETTY IMAGES

Montreal

Some Jacob stores may live on

Insolvent womenswear retailer Jacob Inc. has been given another month to develop a restructuring plan that could keep some of its stores open.

The Quebec Superior Court extended creditor protection for the company until Aug. 22.

A company spokeswoman said Monday that the time will be used to complete its restructuring plan and obtain financing.

"All the details regarding the number and location of stores that will remain open are still being discussed, so I am unable to provide more details at the moment," Cristelle Basmaji wrote in an email. THE CANADIAN PRESS

Follows Vancouver's lead

New Orleans to recycle discarded cigarette butts

In New Orleans, discarded butts are being turned into something useful.

The first of 50 cigarette butt recycling receptacles was installed at a downtown intersection Monday. Developers of the program say New Orleans is the first U.S. city to participate in a large-scale recycling effort launched in Canada last year.

Trenton, N.J.-based recycling company TerraCycle Inc. developed the program in 2012. The first citywide receptacles were placed in Vancouver in November 2013.

THE ASSOCIATED PRESS

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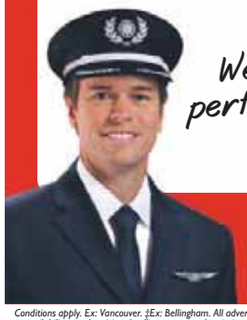

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SHOULD YOUR FIRST DATE BE YOUR LAST?

SHE SAYS

Jessica Napier
metronews.ca

First dates are always nerve-wracking; they have all the anxiety of a big job interview but with a lot more sexual tension. It's exhausting just thinking about all of the effort involved when it comes to finding someone to go out with you, pick an appropriate venue, decide on a nice outfit that isn't trying too hard, and — perhaps the biggest challenge of all — figure out how to carry a conversation with a complete stranger.

George Moufarrej, a leading relationship expert and author of the book Sexual Euphoria, says most of us know what not to say on a first date, but coming up with a variety of suitable talking points is a bit of a challenge.

We all know what topics are off limits — your crazy ex, overbearing mother, irritating foot fungus — but what's the best way to fill the conversational void and avoid those excruciatingly awkward silences?

The best way to get to know someone on a first date is to talk about things that you know a lot about, says Moufarrej. "There's a big chance that your date might have the same interests or hobbies as you. Your goal should be to make a connection with your date on at least one topic."

But while bonding over a mutual love of long-distance running or ramen noodles might keep the dinner dialogue moving along, it's not necessarily going to help you figure out if your date is someone worth pursuing after the cheque arrives. How do you decide if he or she is just a good friend, a fun fling or a potential soul mate?

Moufarrej says there are three thought-provoking questions everyone should ask on a first meeting, in order to assess romantic compatibility and determine whether there should be a second date.

What sort of relationship are you looking for? You probably shouldn't discuss how many children you want over appetizers, but it is important to clarify your relationship expectations right away in order to avoid disappointment down the road. If your dinner date is interested in hooking up, and you're hoping to find a monogamous mate for a long-term commitment, then clearly you aren't an ideal match.

What qualities do you look for in a significant other? Are you searching for a feisty, independent partner who challenges you, or do you need a nurturing companion who offers unwavering support? Asking your date about what characteristics he or she likes and dislikes in a partner will help gain some insight into the type of person they're looking for and whether or not you're the right fit.

What are your goals in life right now? Asking about short- and long-term goals can help you get to know your date on a deeper level and potentially uncover some shared interests and priorities (or some major red flags). Find out about his or her aspirations for the future and consider whether those align with your own ambitions.

BY ALL GREENS NECESSARY

Engineer Daniel Schubert holds lettuce at the German Aerospace Center on Monday in Bremen, Germany.
DAVID HECKER/GETTY IMAGES

Recycled urine could lettuce grow food on Mars

Astronauts on the moon and Mars could soon have fresh food to eat, thanks to a radical new space greenhouse.

German researchers are testing the system, which uses recycled urine to manufacture fertilizer.

The system is being developed at the German Aerospace Center in Bremen, and is called EDEN (Evolution & Design of Environmentally-closed Nutrition sources).

Funded by the European space Agency, the greenhouses will contain combined life-support systems which use recycled urine to manufacture fertilizer, helping to grow vegetables for a lunar and Mars environment.

This research initiative focuses on bioregenerative life support systems, especially greenhouse modules and technologies for future human habitats in remote locations in space (the Moon, Mars) and on Earth (Antarctica), the team say.

"Naturally, space travel is interesting in itself, but it is equally important for us to be involved in this project in order to demonstrate that our technology is the light system of choice for plant science research," said Christopher Steele of Heliospectra, which manufactures the LED lights in the system. DAILYMAIL.CO.UK

This plant is my only pal

"It will also enable us to study the psychological influence of plants on human isolation."

DLR research engineer Lucie Poulet, whose team will test a greenhouse module at the Neumayer Station III in Antarctica, where the winter team stays in total isolation for nine months in a row in a hostile environment in 2016/2017

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 10 in Scene and page 18 in Sports.

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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MetroTube

Why can't the future be like this?

ANDREW FIFIELD
andrew.fifield@metronews.ca

Internet advertising. The worst, right? Auto-playing videos. Wildly varying volumes. Weeks-long relationships with creepily intimate sidebar ads. But the bills must be paid, so the ads aren't going anywhere.

But the experience doesn't have to be so grating, and we once again turn our eyes to Japan to teach us what's possible. Granted, this chewing gum commercial wasn't designed for the web, but isn't the model there? Utterly bizarre, a little frantic and short enough to be an Instagram post. Oh, yeah... there's a cat, too. In a just world, this would be the future. (Lotte/YouTube)

SCREENGRAB

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Weird Al is Mandatory Fun of the moment

Parody album debuts at No. 1. Comedian conquers the charts with eight music videos in eight days

"Weird Al" Yankovic CASEY CURRY/INVISION/THE ASSOCIATED PRESS

Attention pop stars: If "Weird Al" Yankovic shows up at your concert or has tracked down your personal email address, you're likely his next parody conquest.

Such was the case for artists like Pharrell and Iggy Azalea, who are covered by Yankovic in his latest album, Mandatory Fun.

For his 14th studio effort, released last week, Yankovic had his heart set on Williams' No. 1 smash Happy. When he didn't hear back from Pharrell's camp, he decided to go straight to the source.

"I somehow got Pharrell's home email address — I won't say how — and I emailed him and asked if I could do the parody," recalled the 54-year-old comedian. "He couldn't have been nicer and he said he was honoured to have me do the parody."

Sometimes a face-to-face plea was necessary. Yankovic flew to Denver and waited backstage at Azalea's concert to get permission to use her summer hit Fancy.

"I talked to her as she was literally walking offstage. I introduced myself, 'Hi. I'm Weird Al Yankovic and I would love to do a parody of Fancy," he said. "The next morning I was in the studio recording."

Yankovic's efforts paid off: Billboard reported that Mandatory Fun debuted at No. 1 — his first — this week with more than 80,000 units sold. That's almost double the amount his last album, Alpocalypse, sold in its debut week in 2011.

In a recent interview, Yankovic discussed the surprise success of his new album — which also features covers of Robin Thicke's Blurred Lines and Lorde's Royals — and the accompanying music video-turned-viral hits.

Can you believe the album's initial success?
This has been an amazing week. I can't even tell you. I have been doing roughly the same thing for many, many years, and this is the best week of my life in terms of, like, the response from people. It's just insane and it's extremely gratifying. It's hard for me to wrap my head around (it).

Unlike other parodies, you've never gone the mean-spirited route.
I'm a fan like everybody else. When I do my parodies it's not meant to mock these people. It's not meant to belittle them or make them look bad. It's an homage. ... I don't think you need to be hurtful to be funny.

Who's next on your parody wish list?
Even if I knew I couldn't tell you. But after I've mastered an album and it's done and in the can I really shut my brain off. I don't think about parodies for a while.

What about Beyoncé? You have yet to cover her music.
She's on the list. I'll get there eventually because then they will say, 'Oh you did a Beyoncé.'

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear Weird Al Yankovic skew Canadian Robin Thicke's Blurred Lines with his grammar-based take called Word Crimes!

metro AR

→ See the full instructions on Metro's Voices page.

DVD review

Transcendence

Director. Wally Pfister

Stars. Johnny Depp, Morgan Freeman

What Wally Pfister's Transcendence has going for it is evolution rather than revolution: The real and advancing dread that we're slowly losing our humanity as we embrace all things plugged-in and online. The dawn of sentient computers — the "transcendence" of the title — may truly be upon us, and it's not a good feeling. So frets first-time director Pfister, best known as Christopher Nolan's director of photography. He's assembled a good cast, a few strong images and a workmanlike script to craft a cautionary tale that is at once visionary and myopic. Johnny Depp is Dr. Will Caster, a leading researcher in artificial intelligence who is close to making a breakthrough. Morgan Freeman and Paul Bettany also star. An ambush by an antitechnology group sets in motion events that will not only drastically change Caster's existence, but that of everybody on Earth. Transcendence follows such a predictable path, it's almost as if — shudder — it had been made by very thoughtful robots.

PETER HOWELL

Not just a Piper dream

Orange's Larry is the new back story

In a 10,000-word online autobiography, Larry Smith, the inspiration for the character Larry in Orange is the New Black, describes the strange experience of seeing his life with the real-life Piper acted out on screen. "The true story that began for Piper in 1992 and for me six years later when she told me, 'We need to talk,' will always be stranger than fiction."

THE CANADIAN PRESS

Cast your Netflix wide

A nice Little Pony earner of a job

It sounds like a dream job to many: official Netflix binge watcher. Time magazine talks to Greg Harty, who gets paid to watch movies and TV shows on Netflix to help create recommendations for users. "I come from a blue collar family and watched both of my parents bust their humps every day," Harty says. "I'm not going to complain because I have to watch My Little Pony."

THE CANADIAN PRESS

Fifty Shades of Grey. Sons of Anarchy star 'excited' to see film he had to quit

Charlie Hunnam RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

The first trailer for the Fifty Shades of Grey movie will be released this week and the original Christian Grey, Charlie Hunnam, says he can't wait for the finished product.

Speaking Sunday at a Fox event as part of the Television Critics Association press tour, the actor said he still believes in the film although he's no longer a part of it.

"I'm just really excited to see it. I was just really, really invested and wanted to work with (director) Sam (Taylor-Johnson) and play that character. I'm really, really curious."

Hunnam went on to say it's not fair to dismiss author E.L. James' writing as so-called "mommy porn."

"I think people really do that book a disservice when they reduce it to that type of talk," he said. "What (E.L. James) actually created is a really sophisticated dynamic and presented it in a package which was accessible to people who normally would be terrified of that subject ... Actually, what she did was pretty brilliant." THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie ALL PHOTOS: GETTY IMAGES

Jolie and Pitt to reprise lover roles in a romance penned by Jolie

Angelina Jolie's second film as a director, Unbroken, is slated for Oscar season this year, but that's so far away, so let's all talk about her third film as a director instead, even though it doesn't exist yet. Jolie will direct herself in a romantic drama called By the Sea from a script that she wrote. Seems a bit selfish, honestly. And I don't want to suggest that nepotism is in play here or anything, but she cast Brad Pitt as her co-star. It'll be the first time they've acted together since Mr. and Mrs. Smith, and it provides for plenty of jokes about Pitt liking Jolie ordering him around. So we all win.

Adam Levine

This love has taken ... Levine off the market

Adam Levine is off the market. The Maroon 5 singer and Voice judge and model Behati Prinsloo tied the knot in an "informal and lovely" ceremony in Cabo San Lucas over the weekend, according to E! News. In lieu of gifts, the couple reportedly asked their 100 or so guests to make donations to Children's Hospital Los Angeles. The ceremony itself was officiated by Jonah Hill. "Jonah was hysterical. He was telling so many jokes, but then in the middle would be so sweet and sincere," a source says. "He also talked about how sweet Behati is and how perfect they are for one another."

The Word

No peace for Gomez after her plea for Gaza prayers

NED EHRBAR
Metro World News in Hollywood

Selena Gomez learned the hard way that her diehard fans won't necessarily stand by her when she strays into politics and current events. The singer and former Disney star posted an Instagram image reading, "Pray for Gaza," tenderly dipping her toe into the arena of the Isreal-Palestine conflict debate. Easy there, Gomez. The response from her followers was swift, picking fights with Gomez and each other and threatening to unfollow her. In response to the backlash, Gomez posted another Instagram photo — apparently her preferred method of communication — this time of some stock photo of a meditating woman with the caption, "And of course to be clear, I am not picking any sides. I am praying for peace and humanity for all!"

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LIFE 3

BEING IN THE SUN WILL HELP CLEAR YOUR SKIN

FALSE

Sunlight doesn't help with acne, unfortunately. It covers and masks it, but that's only because you're more tanned and can't see the redness of your spots so much. Your skin may feel smoother, but that's probably because you're on holiday, eating better and relaxing; therefore less prone to the sort of breakouts a hectic city life would trigger.

GO TO THE SALON FOR A BASE TAN BEFORE YOUR HOLIDAY

NOT FALSE BUT NOT GOOD

I'll always be reluctant to recommend sunbeds because it gives the message that they're OK. The real problem is people who go on a beach holiday once a year, and lie out in the full sun for the entire week. The alternative is to sunbathe gradually — you'll have a more long-lasting tan.

IF YOU GET STUNG BY A JELLYFISH, PEE ON THE WOUND

FALSE

According to the British Red Cross, don't pee on a jellyfish sting. It may look cool in the movies and on TV (think Friends) but the reality is much different as there is no evidence that it helps with the sting.

YOU CAN GET A SUNBURN — ON YOUR EYES

TRUE

Looking directly into the sun can scorch your retina; you could even blind yourself. The quality of your sunglasses is really important: Don't buy cheap, crappy ones that don't have any UV protection whatsoever. Do buy an expensive pair.

YOU DON'T NEED TO WORRY ABOUT SUNSCREEN IF YOU'RE WEARING A HAT

FALSE

Light is reflected against surfaces: When you're on the beach, the sun's rays are being reflected off of the sand, and the water. A hat will protect you from the sun's rays going down, but not the ones reflected up. However big your brim, light is going to bounce straight up and hit your face.

10 SUMMER HEALTH MYTHS BUSTED

Dr. Christian Jessen, a celebrity health expert in London, lets Metro readers in on what to believe and what to ignore when it comes to all things summer

ROMINA MCGUINNESS, METRO WORLD NEWS IN LONDON

DO A CROSS ON A MOSQUITO BITE WITH THE EDGE OF YOUR NAIL

TRUE

Yes, it can make it less itchy. Saliva is another one — spit on the bite and rub. Otherwise, you just have to try really hard not to touch it. The more you scratch a mosquito bite, the more histamine — which is what causes the swelling and itching — is released.

THE DARKER YOUR SKIN, THE LOWER YOUR SPF

FALSE

The darker your skin the more natural melanin protection you have — yes. But whatever the colour of your skin, ultraviolet (UV) radiation is going to damage DNA, and cause premature ageing. Use the highest SPF you can get because by the time you've smeared it on and been for a swim, a factor 50 is more like a factor 30.

DISINFECT SMALL CUTS AND WOUNDS IN THE SEA

TRUE

Saltwater has great antibacterial properties: it's slightly anaesthetic, and antiseptic. That said, there is a lot of crap in the sea, so it depends where you are… But it's so salty that it's normally OK if you're dealing with a minor cut, or need to clean out something like an infected piercing.

SMOTHER YOURSELF IN TOOTHPASTE TO COOL YOUR SKIN AFTER A SUNBURN

FALSE

A sunburn is basically a delayed hypersensitivity reaction involving histamine; your skin has just been made raw and sensitive — do not go and put toothpaste — actually an irritant — on it. Take some antihistamines — this won't help with any underlying sun damage, but it will help calm you down.

A GLASS OF ORANGE JUICE AND A BOWL OF CEREAL IS A REALLY HEALTHY BREAKFAST

TRUE

A bowl of cereal and a glass of orange juice is the perfect breakfast combination because the two enhance each other in terms of their nutrient content. Orange juice is high in vitamin C, and cereal is high in iron; only the body doesn't absorb iron very well from plant sources. Throw in some vitamin C, and suddenly you can absorb that iron.

For your phone

Glow Nurture (iPhone; free

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This timeline diary lets you track every aspect of your pregnancy while giving you insights on what to expect. It'll keep you organized and connected with others to share experiences.

Sep 17, 2014
10 weeks & 5 days
205 DAYS TO GO
Complete today's log to learn unique insights about your pregnancy. And don't forget to add a picture of your belly!
APPOINTMENTS

Eat your way out of bloating

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Banish the bloat!

Some foods combat inflammation and imbalanced gut flora, which means they soothe and shrink your belly. They also provide balanced nutrition to support general good health. The best part? You won't have to make a trip to a gourmet grocery store to find them.

In the Summer issue of Best Health, we include a long list of foods that help soothe and flatten the belly. Here are two types.

High-fibre and antioxidant-rich vegetables

All veggies are good for you: They are high in vitamins, minerals, phytonutrients, antioxidants and fibre, and they are generally low in calories and low in fat. But some vegetables do contain rapidly fermentable carbs that are difficult for some people to digest. The vegetables listed here are low in these carbs and rich in anti-inflammatory magnesium and other important minerals.

Standouts

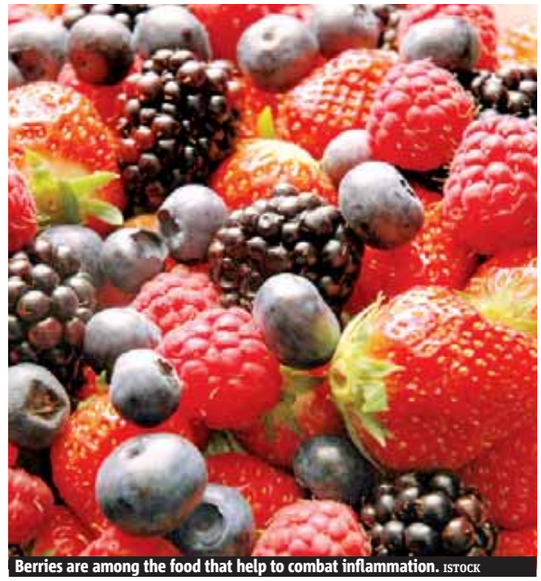
Leafy green vegetables such as spinach, and especially kale and Swiss chard are great. Kale contains more than 45 antioxidants, many with anti-inflammatory properties. It is also rich in vitamin C, which not only combats inflammation but, as shown in a study of 20 obese adults, can trim body mass and waist circumference. As for Swiss chard, it contains syringic acid, which has received attention in recent research because of its ability to help stabilize blood sugar. This helps prevent cravings that lead to overeating.

Examples

Arugula, bell peppers, bok choy, cabbage, cucumbers, eggplants, green beans, kale, lettuce, parsnips, spinach, summer squash, sweet potatoes, Swiss chard, tomatoes

Balanced-fructose fruits

Fruit is bursting with anti-oxidants, fibre and other healthful ingredients. That said, some fruits are better for our GI system than others. (Fruit such as apples, mangoes, pears and watermelon are high in fructose, which for some people can contribute to gas, bloating and diarrhea.) The ones listed at left have a balanced glucose-to-fructose ratio, which may be easier on your digestive tract than those with excess fructose.


Berries are among the food that help to combat inflammation. ISTOCK

Standouts

Bananas and blueberries take the cake. Bananas are packed with filling fibre and are also rich in anti-inflammatory magnesium, as well as vitamin B6 (which helps even out blood sugar). As for blueberries, they are high in fibre, are filling and relieve constipation. They also contain phytonutrients, including anti-inflammatory anthocyanins, tannins and other antioxidants.

Examples

Bananas, blueberries, cantaloupes, cranberries, grapes, honeydew melon, kiwis, lemons, limes, oranges, papayas, pineapples, raspberries, star fruit, strawberries.

THIS IS ONLY THE START. FOR THE FULL LIST OF FLAT-BELLY FOODS, PICK UP THE LATEST ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA.

How our lives change our genes

MAX PRINZ
Metro World News in New York

Our environment, and what we do, eat and drink has an impact on our genes. ISTOCK

In high school biology your teacher likely implied that your genetic destiny was fixed at birth. You got some genes from your mom and some from your dad and that's how you came along. But now, new information about genes has shown that they affect your post-womb life

Inheritance by Dr. Sharon Moalem describes how the study of genetics has changed and what it might mean for the future of humanity. There have been advances since the sequencing of the human genome and an influx of new information has changed the way many scientists think about genetics.

"Now there's the idea that you can change your genetic destiny," says Moalem.

Take identical twins for example. Identical twins with the same DNA can often be radically different.

"What they do with that DNA in their life can be radically different," Moalem says. "Exercise, for example, can trigger genes in your muscles."

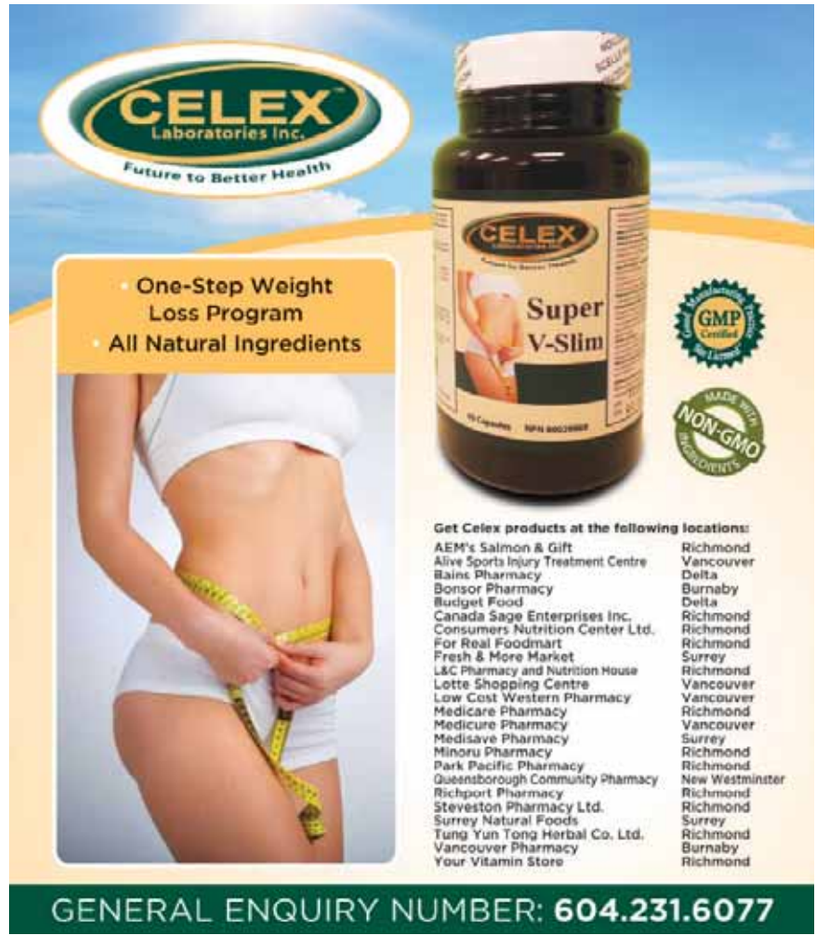
Similarly, smoking tobacco triggers certain genes that help in the breakdown of caffeine. This decreases the effects of caffeine on people who smoke, leading to another Starbucks run.

"There's an interplay between our environment and what we do, what we eat, drink, that impacts our genes," Moalem says. "How we play it is up to us."

Furthermore, as genetic screening becomes more common in prenatal care, parents might be able to make decisions about their children's genetic makeup.

"We're now screening for things we were never able to check for before," Moalem says. "So if you don't want to have a child with dyslexia, you can screen for that."

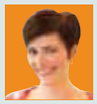
The practice of eugenics — improving a human's genes — might decrease human biological diversity. Screening against certain traits will limit the number of possibilities. "The issue then becomes are we going to start selecting, as a society, against or for certain traits," Moalem says.



One slurp and you'll never want to go back to the canned variety

Health Solutions

Show tomatoes of all sizes a little bit of love



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Tomato, to-mah-toe.

There is nothing like summer heat to make you blush ruby red. All tomatoes from heirloom and cherry to plum and beefsteak have their rightful place on the plate.

Brimming with vitamin C and lycopene, they are delicious sliced with a sprinkle of sea salt, but they are even better roasted.

When the crop gets too much, put your oven or barbecue to good use by turning this fruit into a sweet, soft spread. The larger and more watery varieties take longer to bake into a soft, pulpy condiment than the cherry varieties but the method is still the same.

Place the tomatoes on a baking sheet, drizzle with extra virgin oil, sprinkle with salt and roast until they are smooth and brown. That's it! Mash the roasted tomatoes with a fork or slip off the skins and leave as is.

They store well in the fridge for up to a week and can be used as an addition to anything your palate desires.

Try them as:

- flavouring base for pizza
- flavouring for soups and seafood chowders
- topping for pasta
- topping on grilled French or Italian bread, with capers, olives or mozzarella, for an appetizer
- sauce, when thinned with broth, with boneless chicken breast or grilled steak
- sauce for skillet-fried potatoes seasoned with rosemary
- sauce for brunch omelettes

You can't miss! If you want to bump it up even further, roast with whole garlic cloves and squeeze from the skins into a zestier goo.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Roasted Tomato Soup.

Whether you try this dish hot or cold, its richness will satisfy

THERESA ALBERT
myfriendinfood.com

This recipe freezes well and can be pulled into action in a snap for a quick summer meal.

All you need is a platter of cheese and some crusty bread.

Ingredients

- 8 medium plum tomatoes
- 1 tbsp extra virgin olive oil (and extra for frying)
- Pinch salt
- 1 head garlic
- 1 cup grated Parmesan cheese
- 1 onion, chopped
- 1 can refried beans
- 1 tsp dried oregano
- 1-3 cups chicken broth

This soup does just as well hot as it does cold; be brave and add some hot sauce!

1. Preheat oven to 425 F. Place tomatoes on sheet pan lined with parchment and drizzle with oil and sprinkle with salt. Break garlic head into quarters and add to sheet. Place in oven and roast about 20 minutes.

2. Divide cheese into 4 piles on separate baking sheet and bake on top shelf until bubbling, 10 minutes. Let cool and crisp up.

3. Meanwhile, heat a skillet and add a little oil to fry onion. Stir in beans and oregano.

4. When tomatoes are soft and starting to brown, allow to cool enough to handle then use paper towel to peel and discard thin, papery skin of tomatoes. Squeeze garlic from skins into blender with tomatoes, blend until smooth. Thin to desired thickness with broth.

5. Place 1/4 cup of beans in centre of bowl and pour tomato soup around, adding cheese crisp. **THERESA ALBERT FOUND AT MYFRIENDINFOOD.COM**

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LEARNING CURVE

Tuesday, July 22, 2014

BCIT program now accredited

DANIEL HENDRIKSEN
For Metro

The bachelor of engineering in mechanical engineering program at the British Columbia Institute of Technology (BCIT) has received accreditation from the Canadian Engineering Accreditation Board (CEAB).

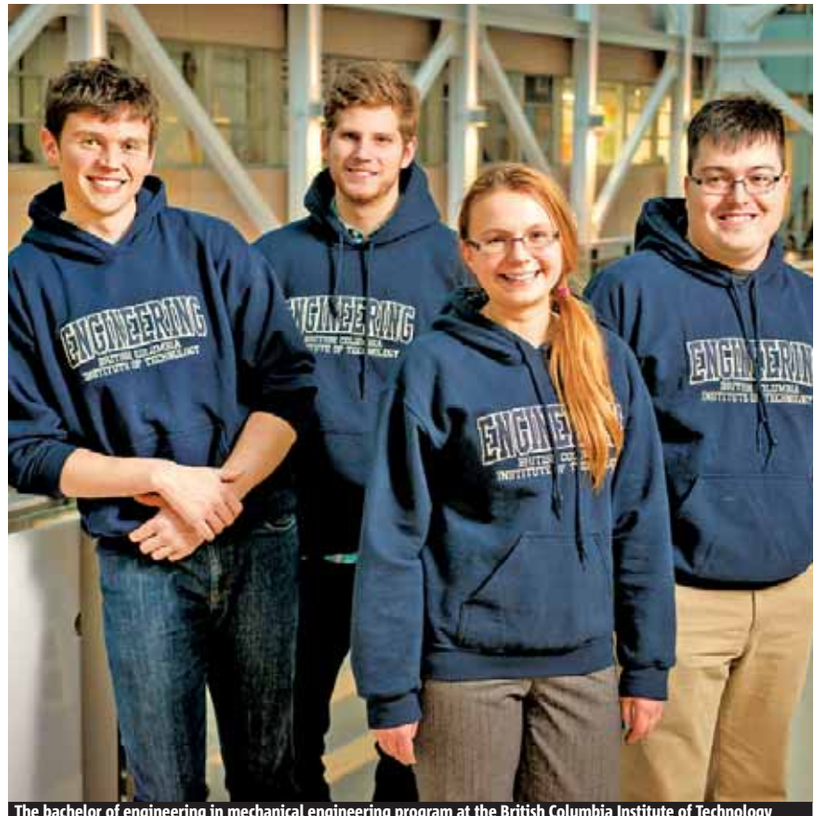
The CEAB, established by Engineers Canada, examines Canadian undergraduate engineering programs and accredits those that meet the profession's highest education standards.

Graduates of accredited programs are seen to possess the necessary academic qualifications to be licensed as professional engineers in Canada. Those grads are eligible to directly apply for registration as an engineer-in-training (EIT). Prior to being accredited, BCIT mechanical engineering grads were required to write the fundamentals of engineering exam in order to register.

The first class of BCIT bachelor of engineering in mechanical engineering students graduated in 2009, and, in total, the program has sent 80 grads into the workforce.

Paul Morrison, BCIT associate dean, mechanical engineering, talked about gaining CEAB accreditation in a press release.

"The mechanical engineering program is very pleased to receive accreditation from CEAB and is thankful for the support received from across BCIT," Morrison said.



The bachelor of engineering in mechanical engineering program at the British Columbia Institute of Technology has received accreditation from the Canadian Engineering Accreditation Board. CONTRIBUTED

The mechanical engineering program's accreditation is valid for a term of three years. Meanwhile, the bachelor of engineering in electrical engineering at BCIT was re-accredited for a six-year term, the maximum period for which accreditation is granted. Since 2011, 33 students have graduated from the electrical engineering program.

"The electrical engineering program is delighted to receive a six-year renewal of our accreditation and we thank everyone for all the work that made this possible," said Craig Cowan, associate dean, electrical and computer engineering.

Last year, the BCIT bachelor of engineering in civil engineering program, which was first accredited in 2010, received a six-year renewal.

Summer. SFU hosts Aboriginal Academic Camp

Instead of being out in the sun with their friends this summer, a group of 25 Aboriginal high school students at Simon Fraser University's (SFU) Burnaby campus is getting a head start on the next school year.

The students, who range from grades 8-11 and hail from Burnaby, Surrey, North Vancouver, Coquitlam, Cloverdale and Pitt Meadows, are taking part in SFU's first Academic Camp for Aboriginal Students until the end of July.

At many summer schools, students are there due to poor performance during the school year. However, that is not the case here. The 25 individuals are at the SFU camp because they have requested to be there through their school's Aboriginal support workers. The students are enhancing their English and math skills, while also learning what a post-secondary education can offer them.

"B.C. Aboriginal students often struggle with math and this camp is about helping them," said Veselin Jungic, an adjunct professor and associate chair in the math department.

Jungic is also the key architect of SFU's Math Catcher Outreach program to help young Aboriginal children learn math. "The percentage of Aboriginal students who wrote and passed the mathematics 12 provincial exam in the period 1995 to 2001 was five to six per cent, versus 26 to 27 per cent in the non-Aboriginal student population." DANIEL HENDRIKSEN

Taking on new roles at UBC

Two new officials commenced their tours of duty with the University of British Columbia (UBC) at the start of July. Chancellor Lindsay Gordon and president Arvind Gupta each officially began work in their new roles with the post-secondary institution on July 1.

Gordon takes over as chancellor from Sarah Morgan-Silvester, who served UBC since 2008.

"As an alumnus, I am particularly honoured to be the next chancellor of UBC, one of the world's leading universities, and to work with incoming president Arvind Gupta and his team," Gordon said in a press release.

Gupta replaces Stephen Toope, who held the presidency for eight years.

"I was delighted to hear Dr. Gupta will be succeeding me," Toope said. "In him, UBC has found a leader with rare attributes — critical thinking, inspiring vision and the courage to chart a bold course."

"With this transition, we start an exciting new chapter," said UBC board of governors chair John Montalbano.

"In Lindsay Gordon, we have a double alumnus with an extraordinary record of business leadership and community service. At the same time, Prof. Arvind Gupta brings tremendous expertise in research and innovation policy that will ensure UBC continues to serve the people of B.C."

DANIEL HENDRIKSEN

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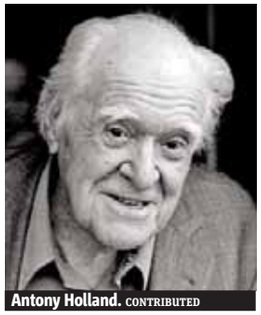
Langara Studio 58 founder honoured

Antony Holland, the founder of Langara College's Studio 58 theatre arts program, was recently named a member of the Order of Canada.

Holland, 94, is a well-known Canadian actor, who, over the years, has earned numerous honours including: Three Jessie Richardson Theatre Awards (two for best performance as a lead actor and a lifetime achievement distinction); the Sam Payne Award for Humanity, Integrity and Encouragement of New Talent; the Union of B.C. Performers Award of Excellence; and is an inductee into the B.C. Entertainment Hall of Fame.

In 2013, Holland was named artistic director emeritus of theatre arts at Langara in recognition of his work with Studio 58.

"Antony Holland is known as a consummate performer, inspirational teacher, and active leader in the arts, and we're so proud to have benefited from his contributions to the college community," Langara President and CEO Dr. Lane Trotter said in a media release. "His legacy, through the continued success of Studio 58, will keep on inspiring current and future Canadian performers for years to come."



Antony Holland. CONTRIBUTED

Holland retired from Studio 58 in 1985, but continued contributing to the organization's productions for many years after.

JIBC signs MOU with Northern Lights College

In an effort to enhance educational opportunities at both schools, the Justice Institute of British Columbia (JIBC) and Northern Lights College (NLC) have signed a memorandum of understanding (MOU).

The agreement was signed earlier this month and will allow students to transfer from one institution to another.

The MOU also permits JIBC and NLC to explore different ways for students to complete their studies. The schools will attempt to put a dual admission process in place that will provide options for NLC students to complete bachelor's degrees in law enforcement studies and public safety administration at JIBC after taking the first two years of their studies at NLC.

DANIEL HENDRIKSEN

Students from Pitt River Community Middle School recently took a field trip to the Vancouver Golf Club to experience links-turned-labs. The event was partly sponsored by KPU's turf management program. CONTRIBUTED

KPU turns links into labs

DANIEL HENDRIKSEN
For Metro

A group of Grade 8 students from Pitt River Community Middle School was fortunate to do some out of the classroom learning towards the end of the recent school year. The 23 students in Heidi Gawehns' science class took a field trip to the Vancouver Golf Club to experience links-turned-labs — a hallmark of the Washington-based First Green Foundation's educational program.

More than 15,000 U.S. students have taken part in the initiative, however, Gawehns' class was the first group of Canadian students to take its science lab to the links from the classroom.

The event was sponsored by Kwantlen Polytechnic University's (KPU) turf management program, the Western Canada Turfgrass Association (WCTA), Keso Turf Supplies and the First Green Foundation. According to Stan Kazymerchyk, KPU turfgrass instructor and WCTA director, the plan is to facilitate the First Green program at golf courses, sports fields and parks across Western Canada in the future.

"Now that we know what's involved with a First Green event, we can help communicate the program to turfgrass managers," Kazymerchyk said in a press release. "Our turfgrass management students will now also learn in class how to use First Green before they move on to their future roles as golf course superintendents and sports field managers."

Both the students and teachers took part in the learning experience, and experienced a hole-cutting demo, measured green speed, studied soils and learned how to keep a golf course healthy through sustainable strategies.

"It's a different dynamic when you take them outside the classroom," Gawehns said. "We could do the same thing in the class with a bucket of water and some soil and it wouldn't have the same effect at all."

For more about the First Green program, visit thefirstgreen.org. For information on KPU's turf management program, visit kpu.ca/hort/turf.

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NEC PAVES A CAREER PATH

Dawn Westlands was very nervous and doubtful about her abilities when contemplating going back to school, but she bravely took that first step and enrolled in the Aboriginal early childhood education (AECE) certificate program at Native Education College (NEC).

Westlands identifies as Ojibway and lives in Vancouver with her two children and now she successfully manages a daycare centre for Aboriginal children in Vancouver's Downtown Eastside.

In the AECE program, Westlands not only learned about childhood development and the experience of children, she also learned about herself through reflection and connecting with other students.

Her practicum placement allowed her to practise her professional skills and supported her transition into the world of work.

For Westlands, NEC provided a sense of community and small class sizes that helped her build confidence and prepared her well for further studies.

According to Westlands, everyone in her class found employment following graduation and a couple of students went on to study at UBC.

Credits from NEC's AECE certificate program are transferable to the bachelor of education program at the indigenous teacher education program (NITEP) at UBC.

"If you are looking for an enriching experience, NEC is the place to study and the AECE program opens up a huge world of possibility as an early childhood educator," says Westlands.

Visit necvancouver.org.

CONTRIBUTED

CONTRIBUTED

Northern Lights College: Answer the call of the north

One million job openings are projected in the coming decade across British Columbia; 430,000 of those jobs will be created in booming northern B.C., according to a B.C. Labour Market forecast for 2010-20, produced by the provincial government.

With three-quarters of these openings expected to require a trade certificate or post-secondary education, it makes sense to acquire that education and training at northern B.C.'s most exciting destination for industry, trades and apprenticeship training — Northern Lights College (NLC).

And a very exciting opportunity now exists for domestic students if they are eligible for an NLC entrance award that could fund up to 75 per cent of their tuition. Visit the NLC Foundation online for eligibility criteria.

"The need for skilled tradespeople is in a crisis situation in northern B.C.," says Rene Tremblay, dean of trades and apprenticeship.

"We believe that if you train in the north, you will stay in the north. At NLC, you receive more than technical skills; you learn about the challenges and rewards of working in the north. That means you are better prepared to be successful when you enter the workforce, and could build a very rewarding career for yourself."

Foundation trades and apprenticeship-level career paths range from carpentry and automotive to plumber. A variety of academic and vocational training opportunities also exist in programs ranging from practical nursing to applied business technology (business administration).

For more, visit nlc.bc.ca, call 1-866-463-6652 toll-free to speak with a student recruiter, or email studentrecruiter@nlc.bc.ca.

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Lions to retire No. 81

Geroy Simon.
CFL's all-time leading receiver goes into the team's Ring of Honour on Friday

CAM TUCKER
cam.tucker@metronews.ca

Geroy Simon, known as Superman for his touchdown celebrations, will get a hero's celebration this week. It will culminate with his induction into the B.C. Lions Ring of Honour.

Simon's induction will take place Friday, when the Lions host the Winnipeg Blue Bombers at BC Place Stadium. He'll also have his famous No. 81 retired by the local CFL team, which he spent 12 seasons of his record-breaking hall of fame career with.

The week-long list of festivities for Simon began Monday. The Johnstown, Pa., native received an official proclamation from the City of Vancouver: Friday, July 25, will be known as Geroy Simon Day.

It's a nice recognition, but the jersey retirement is even more significant: No one will ever wear that number again.

There's an understanding that if a player goes into the Lions' Ring of Honour, that the player's jersey number won't be used or worn for a prolonged period of time. However, in a number of cases, this is not a permanent thing.

It is with Simon.

"When they said they were going to do that, I was truly touched by it," said Simon outside Vancouver city hall on Monday morning.

"To be the last one to wear it for the history of an organization is truly special. It goes to show not only the individual accomplishments but … you don't do any of this stuff alone.

"It's a testament to not only my play but the players around me."

Simon's playing career ended with him as the league's all-time leading receiver in both catches (1,029) and receiving yards (16,352). Fitting that his special evening comes with the Blue Bombers in town.

Not only did Simon begin his CFL career in Winnipeg in 1999, but he broke Milt Stegall's record for career receiving yards against the Blue and Gold back in 2012.

Simon also won three Grey Cup championships, two with B.C. He'll go down as arguably the best receiver to ever play in the league.

"I'm truly indebted to the Lions organization because they gave me an opportunity when no one else would give me that opportunity."

Geroy Simon will be inducted into the B.C. Lions Ring of Honour on Friday. The former Lions receiver was on hand at Vancouver city hall for a proclamation naming Friday Geroy Simon Day. CAM TUCKER/METRO

On the mend

Travis Lulay optimistic a return is near

Travis Lulay made it sound like he is getting closer to re-joining the B.C. Lions' 46-man roster, and that it could happen by Week 7 of the CFL season.

That's according to an interview Lulay did with Team 1040 radio on Monday.

The Lions quarterback is currently on the six-game injured list.

He underwent off-season shoulder surgery last November.

"I'm optimistic that I could be back on the roster here within the next couple of weeks," Lulay told the radio station. "That's been my goal."

Baseball

Canadians stay hot but can't clinch first-half pennant

The Vancouver Canadians have been on a roll, but a streak of 10 wins in 12 games was not enough to secure top spot in the Northwest League North Division for the first half of the season.

Despite some anxious moments late in Monday afternoon's game, the Canadians held on to defeat the Tri-City Dust Devils 10-6, temporarily giving them a half-game lead in the division over the Spokane Indians.

The Indians defeated the Everett AquaSox later in the evening, meaning Spokane and Vancouver finished with identical 25-13 records.

The Indians clinch the first-half pennant and a playoff berth with the first tiebreaker — a better head-to-head record against the Canadians.

The Canadians can still qualify for the playoffs in the second half of the short-season Single-A campaign, which begins Tuesday.

The Hillsboro Hops come to Vancouver for a five-game series.

Vancouver achieved a three-game sweep of the Dust Devils, recording nine runs or more in each of those three games. In fact, the Canadians have scored nine runs or more in five consecutive games.

Ryan McBroom, the Canadians' first baseman and a 15th-round pick of the Toronto Blue Jays in last month's MLB draft, has picked up six hits in his last eight at-bats.

CAM TUCKER/METRO

Cochrane to lead Canada's push in the pool

Ryan Cochrane competes at an event in June. Scan the image with your Metro News app to view a gallery of Canada's welcome in Glasgow. GETTY IMAGES FILE

Ryan Cochrane says spending time in the classroom has helped him better understand what he should be doing in the pool. Applying those lessons in competition has been another matter entirely.

The two-time Olympic medallist recently finished his psychology degree at the University of Victoria, but transferring the knowledge gained from his studies to his swimming hasn't always been easy.

"It's really hard to change internal patterns and what you do on a daily basis," Cochrane said in a recent interview. "What I've learned in psych is to try to be less neurotic and just let things happen and be OK with that process, but that's one of the hardest things."

Show your support

The Commonwealth Games open Wednesday and run through Aug. 3.

Cochrane, who will lead Canada's swim team at the Commonwealth Games in Glasgow, added that one of the benefits of learning about the human mind has been the ability to take a step back from the high-pressure environment of competition.

"As an athlete you want control over everything," he said. "You're trying to better every single precise detail and we're focusing on that one per cent of things we do wrong, but we're doing a lot of things right.... You just have to see the bigger picture sometimes."

Part of the bigger picture for Cochrane is that at 25, he's entering the twilight of his career.

Cochrane wants to leave his mark not only on the podium at the Glasgow Games, but also on his young teammates.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun moves into the most creative and dynamic area of your chart today, so expect to be busy. No matter. You do your best work at high speed.

♉ Taurus
April 21 - May 21
It may seem as if the whole world is against you but nothing could be further from the truth. It's just the Sun's move into a sensitive area of your chart. Lighten up!

♊ Gemini
May 22 - June 21
The planets indicate it will pay you to stay right where you are. An exceptionally busy phase is about to begin, but you must be calm today.

♋ Cancer
June 22 - July 23
The focus of your life is about to change quite dramatically but that's no bad thing. One thing that is certain to change is your money situation. No more spending sprees!

♌ Leo
July 24 - Aug. 23
The Sun's move into your birth sign today kicks off a new solar year and inspires you to pursue excellence in everything you do. Be amazing.

♍ Virgo
Aug. 24 - Sept. 23
The next few weeks won't always be easy. A lot will depend on your willingness to rise to challenges. Treat life as a game — a game to be won.

♎ Libra
Sept. 24 - Oct. 23
You will get the chance to show what you can do today and you must seize it. If you allow such a golden opportunity to pass you by you may spend the remainder of the year kicking yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Your self-esteem will receive some kind of boost, making it easier for you to deal with important people. While the powers that be want you to succeed, you must want it too.

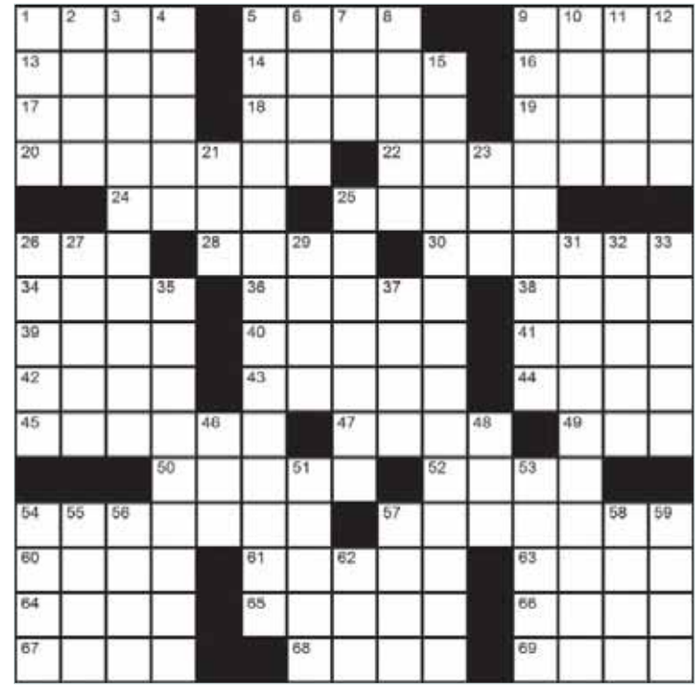
♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's change of signs today will broaden your horizons and make it easier to focus on the good things in life. Ideas that never meant much to you before will become a lot more important.

♑ Capricorn
Dec. 22 - Jan. 20
From today, you will no longer be satisfied with superficial explanations. Dig beneath the surface. Look behind the scenes. The truth is out there.

♒ Aquarius
Jan. 21 - Feb. 19
Find ways to co-operate with people you don't always get along with — your material wellbeing could depend on it.

♓ Pisces
Feb. 20 - March 20
Something is sure to disrupt your routine today. Go with the flow — chances are it will take you somewhere good.

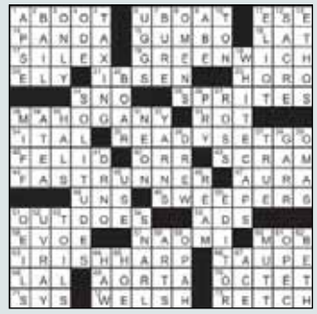
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. German composer, Carl __ (b.1895 - d.1982)
5. "__ __ expert but..."
9. __ biscuits
13. Ring up
14. __ __ in sight
16. Charge card, commonly
17. Old World buffalo
18. "__ __ is human..."
19. Green hue
20. First-string team member
22. "If you wear red tonight..." Beatles song: 3 wds.
24. Rupture
25. Breaks
26. Connector-to-the-Web [abbr.]
28. __ dixit (Unproven claim)
30. Automaker of Japan
34. Table __
36. Khloe K.'s ex
38. Some, in French: Quelques-__
39. Get _ __ deal
40. Mindful
41. Boxing periods [abbr.]
42. Marvin Gaye's "__ _ Get a Witness"
43. Slangy "Certainly!"
44. 1960s French pop music style
45. From that point, archaically
47. Dorm type
49. Mr. Affleck
50. Quilt's one-of-some
52. Prefix to 'biography'
54. "Four Weddings and a __" (1994)
57. CNN's "State of the Union with Candy __"
60. Diva's vocal
61. Belonging to Italy's capital
63. "Able was _ __..." (Palindrome)
64. __ Trucks
65. Icky-sounding plant
66. Blue-green
67. Antlered animals
68. Weight unit in China
69. Tree-like Tolkien creatures

Down
1. Wood sorrels
2. Tirade
3. Landing-on-water craft
4. Canadian fashion magazine
5. "Calling Occupants of __ Craft" by Klaatu
6. Peaty place
7. Bridal bio's 'born'
8. How deli sandwiches are often served: 2 wds.
9. Petitcodiac River village in New Brunswick
10. Exclude
11. Ms. Lovato
12. Cans
15. Pre-premiere performance: 2 wds.
21. __ Chi
23. Beatles bassist before Paul
25. Defeated sports opponent's request!
26. "All I gotta do __ __ naturally...": Country tune bit
27. Comedian Ms. Silverman
29. Vancouver-born actor, Devon __
31. Queen Elizabeth I's mother: 2 wds.
32. Change hair colour again
33. Ex-_._. __. (Hillary Clinton, e.g.)
35. '90s series set in a fictional Pacific Northwest town starring Michael Ontkean: 2 wds.
37. __ iris (Rainbow, in Spanish)
46. Train section
48. Couplet
51. Influence
53. Doubly
54. 1980 movie/song
55. __ Mountains (Range in Russia)
56. Mr. Lachey
57. Ms. Winans of gospel music
58. 'E' in QED
59. Cravings
62. Beastie Boys member

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		6					9
			2				6	8
2	8		4					
	5		1	9		4		7
9		3		5	8		2	
					3		9	1
3	2				7			
6					4		7	

Yesterday's Sudoku

5	2	9	6	4	3	7	1	8
6	3	1	5	7	8	2	4	9
7	8	4	1	2	9	6	5	3
1	7	6	8	9	2	5	3	4
4	5	8	3	6	7	1	9	2
3	9	2	4	1	5	8	6	7
8	4	7	9	5	6	3	2	1
2	1	5	7	3	4	9	8	6
9	6	3	2	8	1	4	7	5

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1071 Austin Ave.

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1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
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19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
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22661 Lougheed Hwy.

Mission
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32670 Lougheed Hwy.

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1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

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2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
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Park Royal North
Park Royal South

Whistler
7009 Nesters Rd.

*Offer available until July 28, 2014, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. A retail value of $689, based on the manufacturer's suggested retail price, plus a 2 year extended warranty, provincial government eco fees and shipping. Cancellation fee will be $19 multiplied by the number of months remaining in the term, plus applicable taxes. TELUS reserves the right to substitute an equivalent or better product without notice. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. Samsung and the Samsung logo are trademarks or registered trademarks of Samsung Canada. All other trademarks are the property of their respective owners. © 2014 TELUS.